

## Heidi Hero Workout

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Tuesday, April 21, 2020 10:27 PM

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**Repeat as many times as possible in 23  
Minutes.**

### **23 Air Squats**

<https://darebee.com/exercises/squats-exercise.html>

### **23 Jumping Jacks**

<https://darebee.com/exercises/jumping-jacks.html>

### **23 Sit-ups**

<https://darebee.com/exercises/sit-ups.html>

### **23 Jumps**

<https://darebee.com/exercises/jumps-exercise.html>

### **23 Plank Jacks**

<https://darebee.com/exercises/plank-jacks.html>

### **23 Jumping Lunges**

<https://darebee.com/exercises/jumping-lunges.html>